Critical reflection Analysis:

‘Diary fragments of a murderer’

by

Herman Fridsma

Note:

Critical analysis about fictional short story narrative ‘Diary fragments of a murderer’, is at first developed as a critical narrative analysis example by Fridsma for TESOL, ELT, TEFL and Teacher Training purposes. The narrative short story ‘Diary fragments of a murderer’ by Fridsma is included as Appendix in this research paper.

The critical analysis has as main goal to help a English language teacher develop a teacher related narrative critical teacher's sense and attitude when using existing or self developed English (short) stories as lesson materials with a educative character in which case the critical analysis of the narrative forms a guideline so the teacher learns to know all ins and outs of the story before using it to discuss the story within the English language classroom. At second the critical analysis of 'Diary fragments of a murderer' is developed for (aspiring and non aspiring) creative writers as a example guideline in order to be critical about one's own work under development or finished so the writer by means of critical analysis can investigate important ins and outs regarding the developed work one has developed as part of final inspection and modification before making the work public.

Writing and developing a narrative always asks for research by the writer before and during the writing process in order to develop the characters, the storyline and the context of the story. When a narrative is finished or when valuing a existing narrative, a criticical analysis of the story is a tool in order to come to a better understanding of the narrative.

Within this paper at first Fridsma presents a critical analysis of 'Diary fragments of a murderer' afterwhich one can read 'Diary fragments of a murderer' which is presented as attachment within this presentation. Page 59 (Extra paragraph) states a final note regarding integration of the subject critical analysis and the presented narrative story and is focused at TESOL, TEFL and regular English language teachers from out of a overall brief discussion note. The Extra paragraph is written and attached in the research paper April 2024, end of note Fridsma.

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Preface:

Critical reflection Analysis: 'Diary fragments of a murderer' by Herman Fridsma is a research paper with as selected main components:

Introduction, Review, Findings, Discussion.

The Introduction chapter introduces the reader to Fridsma's presented creative work: 'Diary fragments of a murderer' and some specifics details.

The Review chapter contains some articles, research theses and studies used by Fridsma for his Critical reflection Analysis of 'Diary fragments of a murderer'. The reviews of the studied research materials are written by Fridsma so the reader gets a brief focus at used external study and research materials studied and processed by Fridsma in extend of his Critical reflection Analysis: 'Diary fragments of a murderer'.

The Findings chapter reflects a technical analysis of the narrative 'Diary fragments of a murderer' and the processed collected abstracts from the studied external research materials. The collected external research materials abstracts are connected to selected fragments from 'Diary fragments of a murderer' to state background facts.

The discussion chapter invites the reader to think about the presented content and to give it some personal thoughts.

Keep in mind that some chapters in this presented paper have some overlap that is normal given the structure and design of the presented results.

Fridsma did choose for this set-up to present his Critical reflection Analysis: 'Diary fragments of a murderer'. The appendix contains the entire short story 'Diary fragments of a murderer' for review by the reader.

Herman Fridsma, author

Introduction:

Diary fragments of a murderer written and developed by Fridsma is a fictional autobiography related to the fictional character John Calister. Calister is the main character of the autobiographical narrative with a psychopathic personality disorder and a criminal background.

The story ‘Diary fragments of a murderer’ is a 5500 words short story. The total story including all of its components is related to 6000+ words. The total story layout contains the components:

Preface, Content, Prologue, 3 chapters, Epilogue, Summary.

The main story consists of the prologue, 3 chapters, and epilogue components with a 5500 words total. The preface, content and the summary can be noticed as secondary story components. The story summary forms a brief reflection of the main story. The story content displays the position of the story content parts. The story preface contains some story related specific details and the introduction to the story. The narrative is included in this paper in the appendix section.

In order to write ‘Diary fragments of a murderer’ Fridsma conducted some literature and internet research in extend of the developed storyline and story plot and for analysis of the story. The red thread of the narrative is the structural usage of the diary journal so the reader can explore facets of the autobiographical memory of Calister from out of his personal reflections written down in the diary journal.

In order to write this narrative Fridsma had to crawl in the mind-set of a psychopathic criminal personality in order to create a profile of the John Calister character.

In order to develop the Calister character Fridsma used the Prologue to position facets of Calister’s past before making a jump to the present. This was needed so that the reader gets an autobiographical insight into the development, life and the past of John Calister.

Review:

The review section displays Fridsma’s personal reviews of studied research materials which are processed to write the Critical reflection Analysis: 'Diary fragments of a murderer'.

Bozzato, Paolo. Personal Memories and Imagery. A Study of Autobiographical Memory through Drawing: presented at the International and Interdisciplinary Conference IMMAGINI - MDPI 2017.

This is a study where Bozzato investigates the autobiographical memory from out of the imagery and the short narrative. The study is well presented and gives the reader a deeper understanding in of the importance and function of the autobiographic memory in relation to identity and emotion.

Crego, Cristina and Widiger, Thomas A. Psychopathy and the DSM: Journal of Personality 2014.

This is a Journal article where Crego and Widiger investigates the psychopathic personality in relation to DSM 1, 2, 3, 3R, 4 and 5 psychopathy and in relation to the antisocial personality disorder diagnosis of psychopathy as defined by Cleckley; the Psychopathy Checklist by Hare and psychopathy models developed by Lilienfeld and Widows, Lynam, Patrick, Fowles and Krueger. The article is a great orientation for further study and gives in-depth information about the subject of psychopathy in extend of psychiatry.

Ero-Phillips, Adrienne M. The Healing Properties of Writing for Persons with Mental Health Issues: St. Catherine University 2015.

This is a master thesis where Ero-Phillips investigates therapeutic writing from out of experiences of individuals who are specifically diagnosed with mental health problems while all stands in relation to occupational science and therapy. This well written thesis shows the therapeutic importance of writing for people with mental issues as explained from out of occupational therapy.

Fridsma, Herman. Diary fragments of a murderer: Fridsma 2019.

This is a fictional autobiographic narrative in regards of John Calister and his life. Calister has a psychopathic personality disorder. He has a criminal and violent background. Calister has renounced his criminal life, but due to circumstances he returns to his old pattern of violence and crime.

Golden, Ann-Marie, Dalgleish, Tim, Mackintosh, Bundy.

Levels of specificity of autobiographical memories and of biographical memories of the deceased in bereaved individuals with and without complicated grief: 2007 – published in the Journal of Abnormal Psychology, 116 (4). pp. 785-795.

This is an article where Golden and others investigates traumatised individuals in relation to the ATM (Autobiographic Memory Test). It is a well presented research presentation related to abnormal psychology but the reader can find it technical of nature.

Klein, Stanley B, German, Tim P, Cosmides, Leda and Gabriel, Rami. A. Theory of autobiographical memory: Social Cognition, Vol. 22, No. 5, 2004, pp. 460-490.

This is a paper where Klein and others investigates the role of the autobiographical memory in extend of the self in which case the self and its representations transform memory to autobiographical memory. It is a technical study presentation where facets of the self and the (autobiographic) memory and its components get explored.

Murnahan, Briana. Stress and Anxiety Reduction Due to Writing Diaries, Journals, E-mail, and Weblogs: Senior Honors Theses - Eastern Michigan University 2010.

This is a senior honour thesis where Murnahan investigates students and their specific relationship with personal writing in extend of stress reduction with a special focus on writing at level of diary and journal style of writing and Email and weblog writing. The well written thesis shows the reader the importance of writing as part of therapy and personal development in extend of stress and anxiety.

Rogstad Jill E. Psychopathy and antisocial personality disorder:

University of North Texas 2011.

This is a master thesis where Rogstad investigates Traditional conceptualizations of psychopathy with a special focus on empathy and alexithymia in psychopathy related to male and female offenders. The study has a special focus on antisocial personality disorder and gender differences. The thesis is well written and gives the reader a deeper understanding regarding psychopathy in relation to males and females.

Theodorakis, Nikos. Psychopathy and its relationship to criminal behaviour: Theodorakis, IALS Student Law Review - Volume 1, Issue 1, Autumn 2013.

This is a Journal article where Theodorakis investigates the nature of psychopathy in relation to criminal behaviour, criminality and recidivism. The article is well written and explains the relationship between psychopathy and crime as an introduction to the reader and as orientation in extends of criminal law and psychopathy.

Methods:

Fridsma conducted a technical story analysis of ‘Diary fragments of a murderer’ and displayed his findings in the findings chapter of this presentation paper.

Fridsma conducted literature research and internet research. Fridsma integrated specific selected research materials abstracts with facets and elements from Fridsma’s ‘Diary fragments of a murderer’. This was needed in order to come to in-depth analysis and findings regarding specific parts of the presentation in the findings chapter. This approach was needed in order to come to a deeper understanding of the complex story and the main character John Calister. The approach also shows the importance of a diary journal as key for the fictional autobiographic reflections and the importance of an autobiographic memory.

The technical story analysis of ‘Diary fragments of a murderer’ is where needed illustrated with literature academic abstract quotations and notes and internet reference abstract quotation notes.

The literature and internet research component had a key focus at:

The autobiographical memory.

The importance of writing as part of therapeutics with a key focus at usage of the diary and the journal.

The personality disorder psychopathy and its relationship with crime and anti-social behaviour.

The by Fridsma selected materials for technical literature research were needed in order to come to a deeper insight in the psychology and the inner self world of John Calister and his disturbed personality.

Internet abstract quotations are listed as reference notes and the reference register. Literature abstract quotations are listed as academic quotations and the bibliography register.

Findings:

In this findings chapter Fridsma will first state a general story analysis before coming to a depth story analysis in extend of the main character John Calister and some story facets.

The findings chapter is divided into 3 parts:

Part A

Part B

Part C

The technical story analysis and findings is split into part A and part B. Part A is related to a general analysis and part B is related to a more specific analysis.

Part C contains the narrative's specific details as part of narrative specific technical story analysis and findings.

Part A:

1: General technical story analysis and findings:

1.1: Generals in regards of 'Diary fragments of a murderer':

1.2: Autobiography character of the narrative and autobiographical memory:

1.3: Narrative and psychological story elements:

1.4: The writer and the main character:

1.5: Narrative natural characteristics:

1.6: Autobiographical memory and the first and third person:

1.7: Primary and secondary story characters:

1.8: Narrative and story plot:

1.9: Narrative and dreams:

1.10: Narrative plot realism:

Part B:

1: Specific technical story analysis and findings:

1.1: Reflections related to the autobiographical memory:

1.2: Autobiographic memory and the ‘I’ or ‘self’:

1.3: Disorders and memory - behaviour and psychopathic personality disorder:

1.4: Journals and journaling:

1.5: Diary journal and self-expression, self-reflection and therapy:

1.6: Diary journal and reflective thinking:

1.7: Psychopathy and the psychopath personality:

1.8: Psychopath personality, DSM and the criminal psychopath:

1.9: Reflections part A and part B:

Part C:

1: Narrative specific technical story analysis and findings:

1.1: The narrative nature and presentation:

1.2: The narrative subject and structure:

1.3: The narrative main character and the subject of dialogues:

1.4: Story publishable capacity and consistency:

1.5: Narrative and the element of description:

1.6: Narrative personal notes supplemental:

1.7: Special notes and restrictions - 'Diary fragments of a murderer' review:

Part A:

1: General technical story analysis and findings:

1.1: Generals in regards of ‘Diary fragments of a murderer’:

‘Diary fragments of a murderer’ is a 5500 words plain written autobiographical fiction narrative which was written and developed by Herman Fridsma end of January 2019. The story including the story preface and summary is 6000+ words. Fridsma wrote the story to give the reader a view and in-depth insight in the life and mind-set of a fictional serial spree killer named John Calister who has a psychopathic personality and a criminal mind as the narrative’s main character.

Narrative example fragment Fridsma:

Calister: “I received therapy because I was somewhat unmanageable and had a psychopath personality disorder with compulsive behaviour. I’m a former hard-core criminal. Violence is part of my life but over the years I learned to control my violent impulses.” (Fridsma, P4).

Calister states his criminal psychopathic personality which makes him a dangerous individual with a potential risk factor to act beyond average behaviour without personal remorse and without conscientious objections.

1.2: Autobiography character of the narrative and autobiographical memory:

The narrative as a completed short story is basically written as an autobiographic fictional work. It was important for Fridsma that the reader can follow the main character John Calister from out of his expressed behaviour, personal mind-set, thoughts, emotions and experiences. The detailed story at autobiographical fictional basis could be written and developed because of fact that Calister as a developed main character was gifted with a photographic memory as personal asset. Calister keeps diaries since his adolescence period. Calister felt comfortable with the diary journal concept since his therapy days.

Narrative example fragments Fridsma:

Calister: “I started to write a diary personal journal at age 16 as part of therapy. I continued keeping a diary journal since that moment because I felt comfortable with it.” (Fridsma, P4).

Calister: “I have a kind of photographic memory so I can easily recall things from my memory which is handy at moment I write my diary journal.” (Fridsma, P4).

The diary journal and photographic memory are important for Calister in extend of the autobiographical memory.

McGaugh investigated the autobiographical memory:

"In 2000, James McGaugh, a neurobiologist at the University of California, Irvine, received an email from a woman called Jill Price, asking for his help. (-) McGaugh met with Jill and tested her memory of specific days of the year. She could remember every important event that happened, as well as minute details about her past – details that were verified using her personal diaries. McGaugh now knows of around 50 people with this ability, which he has named "highly superior autobiographical memory"."

Helen Thomson: 1-4-2016 People who never forget their past could have unique kind of OCD – The daily Newsletter – New Scientist.

(Reference note 1).

The autobiographic memory is more or less part of every individual.

The combination of photographic memory and diary was important for Fridsma as writer of the narrative in order to come to a logical and detailed storyline from out of the Calister character and his autobiographical memory in extend of the project theme of autobiographical fiction.

1.3: Narrative and psychological story elements:

Fridsma paid extra attention to the psychological and situational context and aspects of the story to create and project a realistic world with realistic characters who live and act in that world and who experience that world as their own natural environment. In order to create such degree of realism Fridsma had to focus at each step and stage of story development before fixating it in the written work.

1.4: The writer and the main character:

To write the narrative it was needed that Fridsma had to crawl inside the mind of a criminal psychopathic personality in order to experience it from out of the world of the imaginary and with help of the instrument of thought experiment

so Fridsma could create the main character Calister. This was a difficult process because as a writer Fridsma is a person with an eye for detail and perfection. By crawling inside the mind of a criminal psychopathic personality like Calister Fridsma had to emerge with that character and feel, see and experience things in the fictional world of that character so nothing was left to chance at moment the Calister character became a real person in his world. To crawl inside the mind of a criminal psychopath is an extreme experience but it was needed to do in order to profile and fixate the John Calister character as a realistic person.

1.5: Narrative natural characteristics:

The narrative projection of the storyline shows a natural representation of facets and fragments out of the life of John Calister. It displays Calister's emotions, thoughts and feelings as he experiences things and as he lives his life. Fridsma is pleased about fact that he could realise quality writing with a high realistic view as seen and lived from out of the mind-set of Calister.

Narrative example fragment Fridsma:

Calister: "I had a nice talk with Jenny Hawkins my co-worker. Our conversation was roughly interrupted by Mr Bart Longstro, my manager, who told me to see him this afternoon at 13.00 hours sharp. He did not forget to mention that it was urgent. I had an unpleasant feeling after Mr Longstro left. I had no idea why I was summoned to report myself to him. It puzzled me but I gave it no further thoughts." (Fridsma, P5).

The narrative is as story written in the first person from out of the Calister character. It is natural to follow the approach to write from out of the first person related to Calister because he is the main story character created in an autobiographical setting. The story is Calister's autobiographical story which he tells from out of his diary projected autobiographic memory based thought projections and thought reflections. Seen from out of that perspective it is evident and completely natural to use the first person and it is part of a technical writing formality to follow the first person approach when one reflects to oneself from out of autobiographical memory and diary journal reflections.

1.6: Autobiographical memory and the first and third person:

"Autobiographical memories can be retrieved from the 1st person perspective, in which the experience in the memory is seen through the individual's own eyes, or from the 3rd person perspective, in which the experience is seen through those of an observer (Nigro & Neisser, 1983)."

PMC - US National Library of Medicine - National Institutes of Health

(Reference note 2).

Fridsma did choose for the first person approach by letting the story develop itself as seen and experienced through the eyes of Calister.

Narrative example fragment Fridsma:

Calister: "Thank you Jenny, no worries but fingers crossed," I said in return and I noticed her smile as response which gave me a good feeling. (Fridsma P7).

1.7: Primary and secondary story characters:

John Calister is the main character at primary level of the narrative. At secondary level of the narrative Fridsma has developed 4 main secondary characters and 2 secondairy passive characters.

Bart Longstro, department manager and spouse of Linda Longstro.

Linda Longstro, housewife and spouse of Bart Longstro.

Jenny Hawkins, co-worker at office where John Calister works.

Kern Braks, HRM manager.

Ronald Calister and Cathy Calister are John Calister Parents and are 2 secondairy passive characters in the story narrative.

All 4 developed main secondary characters are part of the epic episode out of the life of John Calister which makes them important for the storyline and development of the story.

1.8: Narrative and story plot:

The story and the story plot are developed from out of the Calister character. The narrative contains no taboo restrictions related to the developed Calister character so he can express himself freely as the person he is. This means that the Calister character in the story shows a natural reflection of the person he is because that was how he was meant to be by Fridsma the creator of the

character. Fridsma wanted to project Calister from out of his true self. This way Calister could present himself spontaneous and natural. He could use his autobiographical memory for his diary journal writing to express himself freely in extend of his thoughts, emotions, feelings and experiences which he noted in his diary journal. This also implies that Calister at times uses blunt and foul language to express himself.

Narrative example fragment Fridsma:

Calister: “Linda, you have a nice fuck box between your legs for a woman your age. I enjoyed fucking you and spurting my seed into you,” I told her while I grabbed a knife next to me. (Fridsma, P16).

1.9: Narrative and dreams:

The nightmare dream is of great importance for the Calister character as part of story development because his nightmare had a deep impact at Calister and made him decides that Braks became his second target.

Narrative example fragment Fridsma:

Calister: “It was because of my nightmare that I also decided to take out Braks as part of ‘Operation Red’.” (Fridsma, P11).

The importance of dreams in relation to individuation as seen by Jung:

“Jung saw dreams as the psyche’s attempt to communicate important things to the individual, and he valued them highly, perhaps above all else, as a way of knowing what was really going on. Dreams are also an important part of the development of the personality – a process that he called individuation.”

Jung and dreams by Marcus West – The Society of Analytical Psychology – Jungian analysis and psychotherapy:

(Reference note 3).

Narrative example fragment Fridsma:

Calister: “Parts of my subconscious nightmare projections were burned in my mind. I saw myself being chased and hunted by Longstro and Braks.” (Fridsma, P9).

The nightmare dream is a symbolic reflection projection of Calister’s previous day experiences. More specific: The nightmare dream was a subconscious projection of how Calister had experienced his encounter with Longstro and Braks a day earlier (note Fridsma).

1.10: Narrative plot realism:

At moment Fridsma wrote and developed ‘Diary fragments of a murderer’ he did choose for a realistic story plot approach in order to give the reader some insight in the world of a dangerous criminal psychopath. The underlying thought for that approach was fact that in reality the average man next doors with a secret life and a masked mental problem and or personality disorder can be a person with a psychopath attitude and personality. Fridsma succeeded to create and project the John Calister character as an extreme but realistic criminal psychopathic personality.

Narrative example fragment Fridsma:

Calister: “This night after midnight I plan to go to execute my plan and to kill my marked targets so I can live in peace.” (Fridsma, P13).

Calister is a determined and dangerous criminal psychopath who works in secret to satisfy his needs.

Part B:

1: Specific technical story analysis and findings:

In the narrative ‘Diary fragments of a murderer’ the autobiographical memory is of great importance because of fact that the story is written and developed as an autobiography fiction story.

1.1: Reflections related to the autobiographical memory:

In regards to the autobiographical memory and the self Klein, German, Cosmides and Gabriel state that:

Autobiographical memory can be conceptualized as a mental state resulting from the interplay of a set of psychological capacities (-) self-reflection, self-agency, self-ownership and personal temporality (-) that transform a memorial representation into an autobiographical personal experience (P460).

(-)

The "sense of the self is the source in experience of the philosophical problem of the self. So the first thing to do is to track the problem to this source in order to get a better idea of what it is" (Strawson, 1999, P2) (-) Grice (1941) argued that the self is constructed from the recollection of personal experiences and, therefore, "is to be defined in terms of memory" (P340). (461).

(Klein et, 2004).

1.2: Autobiographic memory and the 'I' or 'self':

Narrative example fragment Fridsma:

Calister: "My father Ronald Calister was a workman who worked whole his life in the harbour. I was 13 years old when he died in an accident while unloading a ship where he was crushed by a loose container." (Fridsma, P4)

Calister recalls memories of his father from his autobiographical memory with a true sense of his 'self'.

In regards of memory, autobiographical memory and core identity Bozzato states:

Human memory can be defined as the ability to store, retain, and retrieve information that is interesting for us. Among memories that are stored in the memory system, there are both personal and autobiographical ones referring to people, events, episodes, objects and relationships that have marked the individual's life experience. Classically, autobiographical memory has been defined as "the ability to remember one's own life", and as the neurosciences

show, this is a complex cognitive system mediated by neural networks distributed through large areas of neo-cortex and limbic system. Its importance is related to its relationship to Self building and personal identity, representing the link between what we have been in the past, what we are in the present, and what we want to be in the future. Schachter (1996) argues that the memories of the Self "provide the narrative continuity between the past and the future () a collection of memories that form the core of personal identity" (P1).

(-)

Whether the memories and their details are accurate representation of past experience or not, does not alter the effects of autobiographical memory on identity-building, since these effects are related to the conviction of the individual that his or her memories in fact are real (P2)

(-)

Half of the sample chose to represent emotions and moods in their drawings (with minimal differences between different periods of life, and between 52.9% and 42.9%), confirming the literature that considers the emotional component central in autobiographical memories. It is assumed that it has the important function of organizing personal experiences. (-) It can be assumed that personal meaningful events with high emotional intensity help to give a sense of continuity to one's own life story, producing emotional landmarks for the organization of autobiographical memory (P4).

(-)

Even in the diversity of theoretical positions, almost all psychologists today agree in attributing to the physical and social context a great importance in the building of the Self and personal identity (P6).

(Bozzato, 2017).

Bozzato states that the autobiographical memory is related to personal identity and self-building.

Narrative example fragment Fridsma:

Calister: "At a young age I came into contact with the police and judiciary because of juvenile crime. I came to the juvenile detention because of burglary and abuse, so I was locked up for a year." (Fridsma, P4).

Calisters youth memories state his criminal and violent nature as part of his criminal psychopathic identity.

1.3: Disorders and memory - behaviour and psychopathic personality disorder:

In regards of emotional disorders and autobiographical memory Golden et states:

Participants with emotional disorders have problems accessing specific autobiographical memories (see Williams et al., 2007) (P1).

(Golden, Dalgleish, Mackintosh, 2007).

Memory and behaviour affect the psychopathic personality disorder.

Narrative example fragment Fridsma:

Calister: “Deep down I knew that it was my own fault that I got fired but now I could project my anger and hate at Longstro.” (Fridsma, P8).

Calister clearly has a distorted view of reality coloured by emotions that affect his behaviour and memory.

1.4: Journals and journaling:

In regards of journals and creativity Ero-Phillips states:

“Journals are used to record daily thoughts, feelings, and aspirations and can be used to improve personal development. () According to Haertl (2008) one can use (a) a blank journal book (b) a structured journal book (c) a computer-based journal or (d) an internet-based journal. An advantage of writing in a physical book is that it can be private if properly stored in a secure place, which can aid in self-disclosure (Haertl, 2008). (P16).

Creativity is a central aspect of occupation. As we create, whether through journal writing, poetry or prose, we reconnect with our own innate knowing (P19).”

(Ero-Phillips, 2015).

1.5: Diary journal and self-expression, self-reflection and therapy:

Narrative example fragment Fridsma:

Calister: “I admit I have serious problems and yes I only trust my intimate deep thoughts here with you my beloved diary journal. It’s only this way I can speak freely about events that took place and some of my inner thoughts and feelings.” (Fridsma, P5).

Calister uses the diary journal to express himself and his inner thoughts and feelings.

In regards of therapeutic usage of the diary and the journal Murnahan states:

“The diary is one of the oldest forms of personal writing. (-) Miller (2003) states that diary writing can be used as a tool for reflection, self-improvement, emotional-release, preserving family history, and recording milestones or events. (-) Diaries are usually considered to be a medium of expression and a record of fact as seen by the writer. Processes involved in diary writing include self-reflection, self-analysis, and narcissistic enhancement (Hymer, 1991). Writing can help people organize their thoughts, and this helps them to find a reasonable solution to their problem and reducing the stress or anxiety caused by these thoughts. (P5-7)”

()

“Journals are very similar to diaries when it comes to content, except that they are different in that they require less privacy. (-) Spalding and Wilson (2002) reported that reflective thinking begins with doubt, hesitation, or perplexity and then moves to searching to resolve, clarify, or at the least address the doubt; journals offer a person a medium to do this in. (P7-9)”

(Murnahan, 2010).

1.6: Diary journal and reflective thinking:

Narrative example fragment Fridsma:

Calister: “Dear diary, thank you for being so patient with me. I had a troubled and restless night because of disturbing scary nightmares. I also need to tell you that today I had a productive day regardless of my troubled thoughts and my confused mind. Let me tell you all that happened.” (Fridsma, P9).

Calister shows self-reflective thinking where he had a productive day no matter his troubled thoughts and mind.

1.7: Psychopathy and the psychopath personality:

What is psychopathy?

Oxford dictionary describes psychopathy as: “A person suffering from chronic mental disorder with abnormal or violent social behaviour.”

(Reference note 4).

This implies that psychopathy is a mental illness, an illness of the mind (note Fridsma).

Psychopathic violent social behaviour is a characteristic of the criminal psychopath personality.

Narrative example fragment Fridsma:

Calister: “I knew that Longstro was married and that his wife was called Linda. All I wanted was to kill him at home after he would see me rape and kill his wife at first.” (Fridsma, P11).

Calister and violent social thoughts he plans to execute without conscientious objections.

1.8: Psychopath personality, DSM and the criminal psychopath:

DSM is the Diagnostic and Statistical Manual of Mental Disorders as handled by the American Psychiatric Association.

(Reference note 5).

DSM 5 is the present current version. DSM is a worldwide standard work for psychiatrists, clinical psychologists, clinical social workers, psychotherapists and other professionals. DSM is used for diagnosis of patients with a mental disorder.

Crego and Widiger states in regards of their Psychopathy personality and the DSM research conclusions:

The psychopathic syndrome is probably the most dangerous and virulent constellation of personality traits that one can imagine (P10).

(Crego-Widiger, 2014).

The criminal psychopath shows at times violent and extreme behaviour.

Narrative example fragment Fridsma:

Calister: “Bart Longstro the past days I have judged you and after deliberation with myself I sentenced you to death but before you die you have to suffer. It gives me much pleasure seeing you suffer and in agony before you die. You are a scumbag motherfucker,” I said with a grin and spit him in his face. (Fridsma, P16).

Calister is a criminal psychopath with extreme violent behaviour.

In regards of psychopathy and criminality Theodorakis states:

“It is clear that psychopathy is not synonymous with criminality; (-) most criminals are not psychopaths and few of them are successful in using their capabilities to victimize the general public (P52).”

“An individual who starts his criminal career in an early age is usually a criminal for the rest of his life (54).

“Psychopathy is linked not only to general criminal behaviour, but also to criminal recidivism (P55).”

“Psychopathy can be used as an important indicator of criminal behaviour, in the broader context of tools used for risk assessment and can indubitably prove valuable in the field of Criminology and Criminal Justice (P56).”

(Theodorakis, 2013).

True criminal psychopathy and violence are part of the criminal psychopath.

Narrative example fragment Fridsma:

Calister: “Bart kept muffled screaming. I saw his mortal fear and grabbed a knife to thrust it deep into his right upper leg. I smiled silently as the blood spurted from Bart's stab wound.” (Fridsma, P16).

Calister react conform his criminal psychopathic personality at moment he enjoys pain and fear expressed by his victim who he sees as his target.

In regards of psychopathy and criminal offenders Rogstad states:

“Researchers, clinicians, and the general community tend to emphasize psychopathic individuals’ proclivity to engage in violent crimes that shock and disturb both their specific victims as well as the public in general (P4).

(-)

The very nature of psychopathy and its associated characteristics seem to dispose these individuals toward more serious, violent crime. In their influential study of criminal psychopaths, Hare and McPherson (1984) found that psychopathic offenders are much more likely to engage in violent and aggressive behaviour than are criminals in general (P5).”

In regards of empathy and psychopathy Rogstad states:

“Some researchers (Blair, 1995, 2005, 2009; Blair, Jones, Clark, & Smith, 1997; Hare, 1993; Lykken, 1995) have posited that deficient empathy precludes development of conscience in psychopathic individuals; thus, disposing them to lives marked by remorseless use of others and violent, antisocial behaviour. As empathy and its development are considered to be essential to moral development and prosocial behaviour (Jolliffe & Farrington, 2006), a logical extension would suggest that empathy deficiencies, exemplified by psychopathic individuals, should contribute to dysfunctional moral development. This dysfunction, in turn, would lead to their apparent lack of conscience and guilt when committing repeatedly violent, heinous crimes (Woodworth & Porter, 2002). (P28-29).”

(Rogstad, 2011).

Violent antisocial behaviour is part of criminal psychopathy.

Narrative examples fragment Fridsma:

Calister: “I took her head and sliced her throat open while I looked into her eyes. She looked at me with fear and horror in her eyes. She died with

gurgling sounds while blood spurted out her throat and light in her eyes went out." (Fridsma, P16).

(-)

Calister: "I cut off Brak's testicles and let him eat it. I sliced his chest open, cracked his thorax and took out his still pounding heart. I was in total euphoria." (Fridsma, P17).

Calister is the classic criminal psychopathic personality without conscience or remorse.

1.9: Reflections part A and part B:

In part A Fridsma discussed general technical story analysis and findings related to 'Diary fragments of a murderer' and some specific elements like the autobiographic memory.

In part B Fridsma discussed Specific technical story analysis and findings with a special emphasis at the subjects autobiographic memory, journaling and psychopathy.

The autobiographic fictional narrative makes John Calister key subject of investigation in part A and B. 'Diary fragments of a murderer' is analysed from out of the story perspective and it is analysed from out of the main character perspective with a special focus at the criminal psychopathic personality of the John Calister character.

Part C:

1: Narrative specific technical story analysis and findings:

1.1: The narrative nature and presentation:

Fridsma made a choice to write a narrative based at a fictional autobiography because he wanted to explore the autobiography nature in extend of a criminal psychopath from out of a realistic concept of today's world. The narrative is a realistic story that expresses the life of John Calister as seen and experienced

by him from out of an autobiographical sense. Fridsma has presented the story as an extraordinary story where he explores the world of a natural criminal psychopath in its natural environment and daily life. The reader is showed the clear moments of story developments as it unfolds itself in extend of the story timeline and the triggered climaxes with the resulting developments.

Fridsma is satisfied with the quality of the fictional autobiography 'Diary fragments of a murderer'. Fridsma did meet the 5500 words story limit with the core narrative presentation exclusive the story related preface and summary.

1.2: The narrative subject and structure:

The subject of the narrative is the diary journal of the main character John Calister so a fictional autobiography gets generated based at diary fragments out of the life of Calister. Fridsma is satisfied with the final work presentation where he could tell the story of Calister as seen and experienced by Calister as an autobiographical reflection related to the diary journal.

The Creative work is well structured. It is planned and executed while following the plan structure as developed and stated by Fridsma.

The narrative has a story opening, a story mid piece and a story ending. The narrative opens with the prologue and ends with the epilogue. The chapters 1 to 3 are considered being the story core part. The story prologue represents the past of the main character John Calister so the reader gets an overview regarding the life of Calister. Chapters 1 to 3 inclusive the epilogue represents the present time line related to John Calister. The fictional autobiography 'Diary fragments of a murderer' has a clear climax there where 'Operation Red' gets executed and the killing spree begins and ends (chapter 3).

The story has a structured layout. Fridsma has created space by frequent paragraphing of the story. Fridsma paid extra attention to the sentence structure and the special accents. Fridsma has his own style of writing and developing of a story with its own grammatical characteristics. Fridsma made the story smoother by strengthening the sentence constructions and careful choice of words. Where needed were sentences shortened to speed up the rhythm and cohesion.

The narrative is totally based at the diary journal from John Calister where he reflects his inner feelings, emotions, thoughts and experiences at almost daily basis. It is clear that Calister has an intimate relationship with his diary.

Narrative examples fragment Fridsma:

Calister: “Dear diary, sorry I let you down the past few days. I feel save here at home where I can be my true self. It’s now late Friday evening.” (Fridsma, P5).

Above diary fragment shows the intimate relationship of John with his diary journal.

1.3: The narrative main character and the subject of dialogues:

The story is totally written in the first person from out of the John character while the secondary characters are only of importance as far as it connects with the world of Calister. The diary journal reflections are the red thread of the storyline, characterises and the nature of the fictional autobiography in regards of John Calister.

The narrative in its autobiographical form based at the diary journal is realistic of nature. The story shows the world as seen and experienced through the eyes of Calister. The story shows the natural behavioural characteristics of the criminal psychopathic personality of Calister and his interactions, thoughts, feelings and emotions.

Fridsma invested time in total development of the John character because of the need to project a well-developed character that can represent the story as main character at level of a fictional autobiography.

The story dialogues are natural and could be stated based at the photographic memory of Calister. The dialogues are entirely focused at Calister. At moment Calister communicates than the communication from Calister can at times be part of foul language. Fridsma did choose for a natural representation of the character Calister based at his criminal psychopathic nature and personality. That includes foul language where needed and acts of violence without having a bothered conscience. Most of the time Calister acts and expresses himself like every other ordinary person.

Narrative story dialogue fragment Fridsma:

Jenny Hawkins and John Calister at the office:

“John, why are you emptying your desk?” Jenny asked me out of concern while standing in front of my desk.

“I had an unpleasant encounter with Mr Longstro at his office,” I replied, “I may not work here at this department anymore. I must report myself at HR for a new job function so I get transferred and can stay within the company at another department.”

“Sorry to hear John. I hope all works well for you. Good luck at HR,” she said and went back to her desk to continue her daily work tasks.

“Thank you Jenny, no worries but fingers crossed,” I said in return and I noticed her smile as response which gave me a good feeling.

(Fridsma, P7).

1.4: Story publishable capacity and consistency:

The written work is publishable because of its extraordinary subject and the nature of the story where the world is shown from out of the perspective of a criminal psychopath without limitations and restrictions.

The story is consistent and logical of nature because of the autobiographical character and the related constant focus at the main character from out of the main character Calister and the first person approach. The only moment when Fridsma did choose to project some neutral information was in part of the story epilogue where news updates where projected to show the reader part of a logical aftermath.

Narrative story fragment Fridsma:

Newsflash fragment: “Tuesday 20 March:

Two days after the brute murders the police found the tortured corpses of Bart and Linda Longstro and Kern Braks. Crime investigation of the multiple murder case revealed fact that John Calister had a labour dispute with Mr Longstro and Mr Braks earlier that Friday. Calister has been seen in public for the last time Sunday, March 18th. The police have issued an investigation

notice regarding Mr Calister. They want to hear him as a suspect and arrest him regarding further police investigations." (Fridsma, P18).

The narrative point of view was always core focus of the story because of the total focus at the Calister character and his world. Calister's actions, behaviour, thoughts, emotions and feelings are the centre of the story.

1.5: Narrative and the element of description:

Where structurally needed and in line with story progress and story development Fridsma did strategically use the need of description in order to describe facts and circumstances or happenings.

1.6: Narrative personal notes supplemental:

Fridsma has no qualified high level proof readers available in the Netherlands so at level of editing and proof reading Fridsma did do all by himself within the narrow time limit of the story presentation. Fridsma did pay attention to spelling, grammar and punctuation.

The field of creative writing is a distinctive field and a discipline of its own as Fridsma experienced as 'non-native' English second language speaking Dutchman no matter fact of having a MA in TESOL and completed supplemental TESOL studies.

Fridsma's love for English language and Fridsma's love for creative writing and his writing ambitions and writing aspirations as an independent writer made that he could complete the story 'Diary fragments of a murderer' as an autobiographical fictional short story. He present the narrative as a publishable story of quality.

1.7: Special notes and restrictions - 'Diary fragments of a murderer' review:

Fridsma is a writer with a personal developed writing style and a personal view at writing and presenting subjects and works.

'Diary fragments of a murderer' is written in understandable language so the work can be read smoothly. The reader emerges with the main character Calister and can see the world where he is living through his eyes while also experiencing the way he acts and interacts at situations and other people. Psychological elements, feelings, emotions and thoughts are important within the written work. The reader is key subject of focus for Fridsma as third present party at moment the work got developed and written.

‘Diary fragments of a murderer’ is an adult book and not suitable to read for minors. The story contains realistic detailed violent scenes not suitable to read for people with a wild imagination or sensitive personality.

Discussion:

'Diary fragments of a murderer' is subject of a critical analysis and findings presentation by Fridsma.

The appendix of this research paper contains the complete short story 'Diary fragments of a murderer'.

What are your thoughts regarding 'Diary fragments of a murderer' after reading of the entire short story?

What do you think of the main character John Calister?

What do you think about the story plot and the story characters?

What do you think about the story development, logic and consistency?

What do you think of Fridsma as writer of 'Diary fragments of a murderer'?

What do you think of natural character based dialogues (including also foul language) and what do you think of violence as part of story development?

Do you think that Fridsma's presented short story is part of literature? (Motivate your answer).

Critical reflection Analysis: 'Diary fragments of a murderer' contains critical reflection notes as seen and expressed by Fridsma.

What do you think of Fridsma's Critical reflection Analysis presentation?

What do you think of the autobiography genre in general?

What do you think of fictional autobiography?

What is a diary journal and what are your thoughts about diary journals?

What are your thoughts regarding autobiographic memory?

What are your thoughts regarding mental disorders in general?

What are your thoughts regarding psychopathy in general?

What are your thoughts regarding criminal psychopathic personalities?

Do you think that John Calister is a psychopath? (Motivate your answer).

What do you think of the genre of realistic brute stories?

Summary:

Abstract – Critical reflection Analysis 'Diary fragments of a murderer' as presented by Fridsma is a critical view at 'Diary fragments of a murderer' as seen by Fridsma regarding his work. Fridsma reviews his work in an objective sense and present his findings in the findings chapter of this research paper. Fridsma did conduct external literature and internet research to further substantiate the research where necessary. This way the reader gets a deeper understanding of the reviewed work and its abstracted subjects diary journaling, autobiographic memory and psychopathy. The appendix contains the complete short story presentation 'Diary fragments of a murderer' written by Fridsma so the reader can form his or her own opinion regarding the presented work.

The discussion paragraph is important in order to stimulate thought in extend of the presented questions regarding 'Diary fragments of a murderer' and the Critical reflection Analysis of 'Diary fragments of a murderer'. The discussion paragraph is important for critical thinking in general.

Conclusion:

Critical reflection Analysis: 'Diary fragments of a murderer' is written and presented as a research paper. Fridsma reviews his work in an objective sense and present the outcome results of his investigation in the presented critical reflection Analysis. External literature and internet research results are integrated in the presented paper in which case all stands in relation to 'Diary fragments of a murderer'.

The results of the presented paper state the importance of critical thinking and self-reflection. Fridsma is optimistic about his presented work and tried to focus at his work from out of several angles so the work could be placed and reviewed from out of a wider perspective in which case the external literature and internet research was needed to back up the results. Fridsma has presented an honest review regarding his work for others to view.

'Diary fragments of a murderer' is a good but brute story for adults to read. The story is not suitable to read for minors and sensitive personalities.

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Persons register:

Blair,	25, 36
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Cleckley,	7, 36
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Calister, John,	6, 8, 10, 11, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32
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Longstro, Bart,	15, 16, 18, 21, 23, 24, 25, 29, 38
Longstro, Linda,	16, 17, 23, 29, 38
Calister, Ronald	16
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Appendix:

Diary fragments of a Murderer

by

Herman Fridsma

Fictional autobiography

Diary fragments of a murderer a fictional autobiography by Herman Fridsma

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Preface:

‘Diary fragments of a murderer’ is a 5500 words autobiographical fiction narrative. I wrote the story to give the reader insight in the life of a serial spree killer with a psychopathic personality and a criminal mind.

The story is written as an autobiographic narrative so the reader can follow the main character John Calister from out of his personal mind-set. The detailed story at autobiographical fictional basis could be written because of fact that John Calister has a photographic memory and fact that he keeps diaries since his adolescence period.

In order to write the narrative I had to crawl inside the mind of a psychopathic personality with a criminal mind in order to create the main character John Calister. The story gives a natural representation of facets out of the life of John Calister, his emotions, thoughts and feelings as he experiences things and lives his life.

The narrative is written in the first person because it is John who tells his story as part of his diary based autobiographic reflections. John is the main character next to 4 secondary characters (Bart Longstro, Linda Longstro, Jenny Hawkins and Kern Barks) that all are part of the epic episode out of the life of John Calister.

The story and the story plot are developed from out of the character of John Calister. The narrative is written without taboo restrictions related to the John character. That way the story becomes a natural reflection of John as meant by me and as I wanted to project John and his way of autobiographical expression. This gave Calister the freedom so he could freely presents his feelings, thoughts, emotions and experiences in his diary journal.

The story written by me is a realistic story plot that gives the reader some insight in the world of a dangerous criminal psychopath who could be the man next doors without anyone knowing it.

Herman Fridsma, author

Prologue:

My name is John Calister I'm born in Liverpool June 8th 1987. I'm an only child. My father Ronald Calister was a workman who worked whole his life in the harbour. I was 13 years old when he died in an accident while unloading a ship where he was crushed by a loose container. My mother Cathy Calister McMuray was a housewife who also did undeclared work as a cleaning lady for private families who hired her. After dead of my father my mother became a secret drinker with an alcohol problem. I was a poor student at school and had a structural problem with authority because of lack of a father figure during my puberty and adolescence period in life.

At a young age I came into contact with the police and judiciary because of juvenile crime. I came to the juvenile detention because of burglary and abuse, so I was locked up for a year. I received therapy because I was somewhat unmanageable and had a psychopath personality disorder with compulsive behaviour. I'm a former hard-core criminal. Violence is part of my life but over the years I learned to control my violent impulses.

I started to write a diary personal journal at age 16 as part of therapy. I continued keeping a diary journal since that moment because I felt comfortable with it. I can share my personal and intimate thoughts with my diary; thoughts that I can't share with anybody else but me. I have a kind of photographic memory so I can easily recall things from my memory which is handy at moment I write my diary journal.

I live downtown London in a small two-room apartment with an open kitchen. It's an old apartment I rent but I feel at home there. I did furniture the apartment myself and live a comfortable life in here. I'm single but have no problem with it. My last girlfriend since half a year I kicked out of my life about 3 months ago because she started nagging me too often.

At times I'm a difficult and complicated man and I'm aware of it myself. I have secrets and a compulsive urge but I try to resist and suppress it to not release the beast in me with a compassion for murder. May God forgive

me at moment the beast gets released and set free. Vae victis (Latin expression meaning 'woe to the vanquished').

Chapter 1 – Shattered future

Diary and personal journal abstract from John Calister.

Strictly confidential.

Friday 16 March – Bad things, personal worries and the urge to act:

Dear diary, sorry I let you down the past few days. I feel save here at home where I can be my true self. It's now late Friday evening. I feel an urge to write no matter fact I feel drained and tired. I admit I have serious problems and yes I only trust my intimate deep thoughts here with you my beloved diary journal. It's only this way I can speak freely about events that took place and some of my inner thoughts and feelings. For now I must try to organise my thoughts so I can ease my troubled mind. The whole day my mind was spinning because of humiliation and injustice that happened to me.

It's because of the pent-up anger and frustrations that I again felt a deep urge to do things I have to do so the bad feeling inside my head stops. I can't fight it anymore no matter how hard I try to resist it so I plan to surrender to this deep feeling, this compulsion to kill. I will tell you what happened today.

Earlier this morning around 08.00 hours I stepped inside my car, a red Renault Scenic, and went to office where I work as an office clerk for the firm Lancaster and Co. Around 10.15 hours I had a nice talk with Jenny Hawkins my co-worker. Our conversation was roughly interrupted by Mr Bart Longstro, my manager, who told me to see him this afternoon at 13.00 hours sharp. He did not forget to mention that it was urgent. I had an unpleasant feeling after Mr Longstro left. I had no idea why I was summoned to report myself to him. It puzzled me but I gave it no further thoughts.

At 13.00 hours I stepped inside Mr Longstro's office where he ordered me to sit down. The way he looked at me and his formal way of talking gave

me a bad feeling inside myself. I clearly remember the way he spoke to me and how he acted from out of a superior attitude as if he was the master and I was his subordinate who had to listen and obey. He did do all to overwhelm me and to make me feel insecure and insignificant without any compassion or empathy for me as a person and human being. He acted like he could do as pleased, as my superior and ruler of his small department, like a despot.

"Calister, I have bad news for you," were the first words Longstro said to me since I sat down in front of his desk like an obedient boy.

"Bad news Mr Longstro?" I asked.

"I'm not pleased with your work results over the past weeks," he bluntly told me, "I already warned you several times to do better."

"Yes Mr Longstro, I remember," I replied.

"You now have to face the consequences of your poor actions to improve yourself Calister," he said while he looked me straight in the eyes, "You have to report yourself at Human Resources and clean your desk."

"Cleaning my desk?" I asked, "What do you mean exactly?"

"You are of no use to me here at my department. I don't need your services anymore. I already notified HR and they have a new job function proposal for you which you can accept or reject, that's up to you." Longstro told me with an iron poker face.

"What if I decline the new job offer?" I asked.

"Then you're fired. I can't do anything else for you," Longstro told me while he looked at me from behind his desk, "You may go now."

'What a jerk,' I thought and I felt defeated and angry because the last thing I saw was a grin at the face of Longstro, the man I started to hate.

I remember I was stunned and I felt numb and partly in shock after the bad news conversation ended and I closed the door of Mr Longstro's office on my way out. I felt an anxiety attack coming up. I went to the toilet to ease down because I started to hyperventilate. I conducted some slow and deep breathing exercises and I drank a glass of water before I went back to my desk. I sat behind my desk for maybe half an hour before I cleaned it. I put my personal stuff inside a cardboard box that I had obtained from a concierge employee. I noticed that Jenny Hawkins was a bit confused because of what I did. She stepped from behind her desk and approached me.

“John, why are you emptying your desk?” Jenny asked me out of concern while standing in front of my desk.

“I had an unpleasant encounter with Mr Longstro at his office,” I replied, “I may not work here at this department anymore. I must report myself at HR for a new job function so I get transferred and can stay within the company at another department.”

“Sorry to hear John. I hope all works well for you. Good luck at HR,” she said and went back to her desk to continue her daily work tasks.

“Thank you Jenny, no worries but fingers crossed,” I said in return and I noticed her smile as response which gave me a good feeling.

I always felt a soft spot for Jenny Hawkins because she was always nice and good to me since day one that I started to work here at this department about 8 months ago. At 14.20 hours I left the department after I told Jenny that I would stay in touch with her which she appreciated. I went straight to HR after I loaded the box with my belongings inside my car.

“Mr Calister good to see you, please do sit down. I already received a phone call from Mr Longstro who notified me about your arrival this afternoon,” the HRM manager Mr Kern Braks told me.

“Mr Longstro told me I would get a new job offer with a new job function if I would report me here so I can stay as an employee of the firm,” I said while I looked at the HRM manager who was tapping his fingers at his polished old oak desk all the time.

“Well Mr Calister unfortunately I have bad news for you,” Braks told me, “We have no positions to give here at the firm at this moment but I will keep your file open in case we have a future suitable position to offer you.”

This was the second blow straight in my face that I had to process. I felt uncomfortable and I tried not to be angry and to remain polite.

“What am I doing here if Mr Longstro lied to me?” I asked while swallowing deeply and trying to remain calm.

“I don’t know what Mr Longstro told you but I never told him we had another function for you here at our firm. We will pay you your full salary till

end of the month for your services at our firm the past months. I wish you good luck at the job market." Braks told me while he stood up from behind his desk to shake my hand; "Goodbye and sorry I had nothing to offer you."

I remember I left the office building and went straight to my car. I felt completely devastated and emotionally broken. I sat down inside my car and needed to smoke a cigarette to calm myself. I was disillusioned because of the broken promise to transfer me internal to another job function.

"The fucking bastard," I mumbled after I blew out cigarette smoke; "I will get that creep Longstro who lied to me so now I'm totally jobless."

In anger I slammed my fists at the passenger chair next to me and I screamed for seconds to let go my anger and frustrations. I waited about 10 minutes before I decided to go home. 'What will I do next,' I thought, 'My entire future is destroyed. Where do I find work at my age and under the present economic circumstances and an increasing unemployment rate?' I continued my thoughts while feeling insecure about my future perspectives.

It's a fact that the past weeks I was a bit distracted because of a troubled mind. I'm in a constant fight with my inner self to resist dark urges. Deep down I knew that it was my own fault that I got fired but now I could project my anger and hate at Longstro who had dismissed me from my duty and who had lied to me while knowing I would be fired. Instinctively I knew he would be my target because I needed to give myself over to my suppressed dark urges which I now could release and follow. For weeks I knew that it was time to give in and now Mr Longstro gave me the relieving excuse. It felt good. It was Longstro who had treated me unfair and who behind my back had humiliated me. He saw me as a fool to play with at moment he sent me to Braks. Braks had the job to fire me because that coward Longstro had no courage to do so. He had made me swallow all he told me while all the time knowing it was a lie. What a bad joke but I know he will regret it that he made a fool outta me.

Dear diary, life sucks but I promise I won't forget that creep Longstro at payback time because of him betraying me. Now I must sleep and let all sink. I know what I have to do and I will do it. The fate of Longstro is sealed; he will not escape my revenge. May God be merciful to his soul at moment I'm ready with him and have finished him off. Yes my beloved diary I know I can be a bit dramatic and theatrical but I know I can trust you my silent friend and keeper of my thoughts and my life experiences and happenings.

Chapter 2 – The dawn of ‘Operation Red’

Saturday 17 March – Nightmare, preparations and fieldwork:

Dear diary, thank you for being so patient with me. I had a troubled and restless night because of disturbing scary nightmares. I also need to tell you that today I had a productive day regardless of my troubled thoughts and my confused mind. Let me tell you all that happened.

Early morning I stood up with a loud scream while I was bathed in sweat after the experienced frightening night. Parts of my subconscious nightmare projections were burned in my mind. I saw myself being chased and hunted by Longstro and Braks. They were frequently shooting at me as if I was big game that needed to be hunt for the slaughter. It was clear to me that both men wanted to kill me. I got shot in my upper arm. The pain of the impact made me scream. I managed to escape while heavily bleeding and in pain and agony. I tried to hide behind a rock while the sound of voices from Braks and Longstro told me that they were nearby me. They had found a blood trail and knew that the blood traces were from me so all they did do was following the blood trail.

“Look at that blood right here where we could hear Calister screaming. I told you that I had hit him with a clear shot,” Longstro said to Braks.

“Yeah, I notice the blood trail,” Braks replied, “He can’t be far.”

“The blood trail goes to the rocks above us. Let us finish the job,” Longstro said while grinning.

I witnessed all from out of my hideout position while feeling fear and despair because I knew that I could not escape the hunters. It was a matter of time before they would find me and kill me. I was fully conscious and alert of all that was happening around me. I tried to escape from the hill in the forest where I was hiding behind some rocks. At moment I was sneaking away I did hear a gunshot sound and immediately I felt a sharp pain in my back at moment

I almost reached the top of the hill. I felt down and started to moan because of the sensed pain and I felt warm blood pouring out of the back wound caused by the impact of the bullet. I could hear my pursuers and knew that I could no longer escape my fate. I was unable to move my legs and instinctively I knew that the gunshot wound had caused great damage to my back. I hoped that my end would be quick if my pursuers were planning to actually kill me.

"We have him!" Braks said and he started to laugh.

"Yeah man, we finally have him," Longstro replied.

Both men were standing around me. Longstro started to kick me with his boots. The sharp pain made me moan louder.

"Calister I told you already you were not welcome anymore and that I did not wanted to see you anymore," Longstro said and he started to smirk.

"Yes Calister, I gave you a red card to fuck off," Braks shouted at me.

Braks rolled me roughly on my back as I was lying on my stomach all the time since I had been hit by the bullet in my back. The pain was almost unbearable. I had my teeth clamped together while I released a suppressed muffled moaning sound. With fear in my eyes I looked at both men and I sensed death being nearby all the time and I started to shiver because of all lost blood that flew out of me. Instinctively I knew I was in a state of shock.

"Look at the bastard," Braks said, "Do you have anything to say to us?"

I felt being kicked again so I loudly moan. To my great dismay, I saw Longstro pulling out a large hunting knife from the knife holder attached to his belt. 'This is it. I'm finished, they won't let me go,' I thought.

"Say hello to your ancestors in hell you creep," Longstro shouted at me and then he spit me straight in my face to humiliate me further as if I was dirt.

I was shocked at moment Longstro knelt beside me and stuck the hunting knife into my stomach as he began to laugh. He cut my stomach open as I screamed in pain. I started to shake wildly with my tormented body at moment I saw how Longstro, with bloodied hands and arms, began to pull out my intestines. I was constantly shrieking with pain. At that moment I awoke with a scream out of my nightmare. It took me some time to recover and then I started to laugh. It was a long and maybe hysterical laugh while all the time I was thinking of Longstro. I truly hated that man.

"The murder plot to kill you I will call 'Operation Red'," I mumbled.

I took a shower and prepared my breakfast after I was dressed. While I was eating I saw constantly the face of Longstro in front of me. In anger I threw my food plate to the face I saw so clear in front of me. Moments later I realised myself that it was an illusion and that I had to calm down.

"Longstro you will die a terrible death my friend," I growled as my anger slowly faded away.

"Longstro, after a long consideration, I condemn you to death," I said with a grin at my face, "Your fate is sealed. Now you will be the hunted and I will be the hunter."

I started to laugh again while I cleaned up the mess I had made in my kitchen. I started to feel good and energised which pleased me.

The rest of the morning I was busy to plan how and where I wanted to eliminate Longstro. It was because of my nightmare that I also decided to take out Braks as part of 'Operation Red'. I instinctively felt that the death of both men would give me satisfaction. I knew that Longstro was married and that his wife was called Linda. All I wanted was to kill him at home after he would see me rape and kill his wife at first. The thought of my planned action in Longstro's house brought me in a state of arousal. Braks would be an easier target to handle because that fat old man was single and in a bad physical condition. I sensed excitement by the thought of me cutting out his bowels. I felt euphoric and went to my stereo tower to activate my CD player. I wanted to listen to big band jazz music from the late 1930s. The sound of music inside my living room brought me back to my senses and calmed me.

That afternoon after I hasty ate my lunch because I had planned a busy afternoon. Around 13.00 hours I went to the parking lot where my car was parked. I got into the car and drove away. I had binoculars and a digital photo camera with me. I did post near the house of Longstro where I observed his house and took pictures so that I could map everything properly.

Around 15.00 hours I saw the car of Longstro getting parked in front of his house. After the car was parked Longstro and his wife got out and picked up bags with groceries from out of the car and brought them inside their home. Amused I made several extra photos of the entire event. Around 15.20 hours I decided to leave. I was more than satisfied with the results I had achieved through my brief observation. I was delighted I had seen my first targets in the flesh and that I had a clear focus at the real-time environment of the house as observed from out of my car. I had clearly mapped everything which made me grin for a moment. I was more than pleased with the accomplished results at this short notice. I decide to execute my first attack this night and kill the married Longstro couple.

I smoked a cigarette before I activated my car navigator and keyed in the address of Braks. I started the car and went to Braks's residence while I listened to the radio where music from the 80s was broadcast. I hummed along with the music because I felt in a pleasant and good mood.

Around 16.10 hours I arrived in the street where Braks house was located. To my delight I saw his car being parked in front of his house. I started to observe the house and to take pictures. I kept observing the house and its environment. Around 19.30 hours I broke the observation and went home after I had seen Braks at home at the moment he turned on the lights in the house and I saw him watching TV through my binoculars.

"Braks you are my second target my friend," I mumbled, "You are a dead man without knowing it."

I felt great at moment I started the car after I lit a cigarette and went to my house. I parked my car and walked to my apartment.

At home I studied the photos and took notes. After I was ready studying my planned operation I went to my locked safe and took out a short range military infrared night vision monocular, a small bottle chloroform, several cloths, a glass cutter with suction cup, several roles of duct tape, 2 knives and a 9mm Walther PPK with a 6 shots magazine with matching bullets. I checked my gun while I hummed all the time. I felt confident and was in a supreme mood.

Dear diary, now you know that no matter fact that the day started bad for me that all went well at the end. It was because of the nightmare that I decided to do what I must do. This night after midnight I plan to go to execute my plan and to kill my marked targets so I can live in peace. For now I will take a nap so I'm well rested at moment 'Operation Red' begins. Be patient my friend. I will tell you all when the time is right unless I die during the process as part of failure or when I get killed or caught by the police.

Chapter 3 – Judgement day, ‘Operation Red’

Sunday 18 March – The verdict, blood thirst and satisfaction:

Dear diary, its early morning. I have to tell you all that happened this night when I executed ‘Operation Red’. I feel still a bit aroused because of what happened so let me begin to tell.

It was around 00.15 hours that I left my house. I went to my car to execute ‘Operation Red’. I took with me a bag with all items needed for my operation in order to succeed. I had my gun in a gun holder under my arm. I’m not a fan to wear a gun but in case of emergency I know how to use the firearm as my former business partner Rodney experienced before he disappeared. That was a matter of self-defence after a dispute about a failed burglary 2 years ago. Since then I have stayed on the right path of law and I abstained from criminal practices. I wanted to build a normal life despite all temptations and the fast money from the underworld. Longstro crushed my dream of building a normal life and now he had to pay the price.

“I’m pleased to know that I’m well prepared regarding ‘Operation Red’. I left nothing to fate,” I mumbled to myself.

Inside my car I took a cigarette out of my coat pocket and lit the cigarette with my lighter. I programmed the car navigator and drove away to my first destination. I planned to visit the Longstro residence. I wanted to eliminate the married couple as first target as planned. For me the couple was no more as a plain target. I did not see them as human beings anymore.

I parked my car in a parking lot two blocks from the home address of the Longstro couple. I got out of my car after I packed my bag with stuff. I locked the car and walked quietly to my first destination. It was quiet at the streets. I noticed no living soul at this hour of the night. I felt calm and confident. I had no conscientious objections about my plan to kill the couple. There are people who have regarded me as a psychopath in the past and who prefer to avoid me but I didn't care.

I cautiously approached the Longstro home through the garden. The house was dark. I suspected that the residents were sleeping. I went to a small window that could be opened. I took my glass cutter with a big rubber suction cup. I placed the suction cup on a strategic point on the window and cut a piece of glass from the window that I carefully removed with the suction cup. I knew that Longstro had no pets which made my job easier. I put my arm through the new small window opening and opened the window. I stepped inside the house through the window and closed the window to not attract outsider attention.

'I'm inside,' I thought. I was satisfied that I was so fast in the house. I took my infrared night vision monocular and oriented me to my new environment. I went to the stairs and crept to the top floor in the direction of the couple's master bedroom. Carefully I opened the door and through my infrared monocular I noticed that the couple was sleeping on the double bed. I took a cloth and drenched it with chloroform, after which I crept into the bedroom and first anesthetized Longstro's wife with the chloroform as I suspected she was the lightest sleeper and then I anesthetized the man I hated. I was pleased that both people didn't awake and were now unconscious because of being sedated.

I switch on the light from the table lamp next to the bed before I pulled Bart Longstro out of his bed. I dragged him to a chair where I taped him with duct tape. I then went to Linda and pulled and jerked the sleepwear, slip and bra from her body while she was still unconscious. Linda lay naked at her bed. I felt nothing for the about 18 year older woman in front of me but I needed her for my revenge. I fastened Linda's wrists and ankles to the bedsides for which I cut a sheet into pieces in order to use that as an improvised sheet rope. I enjoyed the view of the tied up older woman laying naked and wide spread on the bed.

I was satisfied and placed the chair with the unconscious Bart in front of the bed so he would have a good view at his wife. I stuffed a piece of cloth into Bart's mouth and taped it tightly then I did do same with Linda. I went to the bathroom and filled a bucket with cold water and walked back to the master bedroom. I threw some water over Bart's head and hit him several times hard in his face to awaken him from his comatose situation. Bart groaned in pain. At moment he realized his situation he panicked and began smothered to scream because of the taped cloth in his mouth. I was pleased to witness the fear and horror that Longstro experienced.

“Bart Longstro the past days I have judged you and after deliberation with myself I sentenced you to death but before you die you have to suffer. It gives me much pleasure seeing you suffer and in agony before you die. You are a scumbag motherfucker,” I said with a grin and spit him in his face.

Bart kept muffled screaming. I saw his mortal fear and grabbed a knife to thrust it deep into his right upper leg. I smiled silently as the blood spurted from Bart's stab wound. I went to Linda and threw the remaining cold water over her naked body and smacked her face several times. Linda woke up smothered screaming and shook her body wild to try to break free. At moment Linda realized her situation she started spontaneous to pee from fear. I started to rape Linda and penetrated her cunt with my invading dick. Linda did not offer any resistance anymore and allowed me to fuck her submissively while she was moaning beneath me. She started to move rhythmically with me while I screwed her fast and hard. I noticed by her cunt contractions that Linda was getting an orgasm despite her situation. It did not take long before I stuffed her cunt with my sperm at moment she got her orgasm.

“Linda, you have a nice fuck box between your legs for a woman your age. I enjoyed fucking you and spurting my seed into you,” I told her while I grabbed a knife next to me.

Linda began to scream again as I moved away from her naked used body. I teased her and slowly put my knife into her cunt and without warning I slashed her cunt open till her belly while she was crying and muffled screaming all time long because of extreme pain, blood and fear to die. Linda’s body started to shock spastically and the bed was soaked with blood. I decided to release Linda out of her misery. I took her head and sliced her throat open while I looked into her eyes. She looked at me with fear and horror in her eyes. She died with gurgling sounds while blood spurted out her throat and light in her eyes went out.

All the time I was occupied with Linda, Bart was muffled screaming because of the witnessed horror and his own pain. Now it was his turn. I went to him and punched him in his stomach, took my knife and stabbed him in his genitals before I stabbed him several times in his stomach. I enjoyed the blood covered bedroom that looked like a horror scene. I decided to kill Longstro and

slashed his belly open and cut out his bowels while his body reacted with spastic movements till he died.

I took a shower and got dressed. I strip-searched the house and found 9800 pound cash money and jewellery which I took with me. I left the house and drove to Braks. I needed to kill him as last listed target. I cut off Brak's testicles and let him eat it. I sliced his chest open, cracked his thorax and took out his still pounding heart. I was in total euphoria. I had satisfied my blood lust and urge to kill. I refreshed myself and went home after I had looted Brak's house which made me rich.

Dear diary, I'm still excited about fact that I succeeded executing 'Operation Red'. I have to leave the country because I will be suspect of police investigations.

Epilogue:

Monday 19 March:

Relatives could not reach the Longstro couple and Mr Braks. They filed them as missing persons at the police station.

Tuesday 20 March:

Two days after the brute murders the police found the tortured corpses of Bart and Linda Longstro and Kern Braks. Crime investigation of the multiple murder case revealed fact that John Calister had a labour dispute with Mr Longstro and Mr Braks earlier that Friday. Calister has been seen in public for the last time Sunday, March 18th. The police have issued an investigation notice regarding Mr Calister. They want to hear him as a suspect and arrest him regarding further police investigations.

Wednesday 21 March:

Dear diary, I was busy the past days. I'm a rich and happy man by now. I started a new life here in South America and have contact with Jenny Hawkins. Life is good.

Summary:

‘Diary fragments of a murderer’ is the story of John Calister. John is a man who had a difficult period as a teenager with a problem with authority. As an adult John had lived a violent and criminal life.

Due to circumstances, John had renounced the violence and the crime and wanted to live an ordinary, lethargic life. John worked in an office but was fired due to circumstances. He falls back into his old behaviour and seeks revenge. The revenge results in a three-fold murder. John has a photographic memory and keeps diaries since his teen days.

The narrative gives a representation of the life of John Calister with a key focus at his killing spree.

John has a photographic memory and keeps diaries since his adolescence days. Keeping diaries in combination with his photographic memory made John able to give naturally representative representations of his daily activities. This allows the reader to follow John during the period preceding the triple murder to the period immediately after he had executed his plan to kill.

The autobiographical fiction story about a fragment from the life of John Calister gives the reader an insight into the life and behaviour of a psychopathic personality with a criminal background.

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Notes:

Extra:

Final note regarding integration Critical reflection analysis of Diary fragments of a murderer' and the narrative story 'Diary fragments of a murderer'.

This section is mentioned for TESOL, TEFL and regular English language teachers.

Discussion:

The narrative 'Diary fragments of a murderer' shows that developing of a story makes a writer has to do story related research. This way the story (in extend of story based characters, a story related plot, baseline and plan) can develop itself within the logical context of the storyline the writer wants to follow so the story remains logical within the story related logic and developments.

A critical (reflection) analysis of a narrative story makes a narrative story writer and a reader of the story can come to deeper insight regarding the storyline in general, the characters, story based logic and so on. This especially is important for a teacher who wants to use the narrative story for educational classroom purposes. Teachers who want to use a narrative story as part of lesson material in the classroom can take advantage of a narrative related critical reflection analysis by using the outcome results in combination with the narrative story to create a lesson plan which can be used in the classroom for educative teaching purposes.

Discussion key questions:

Critical analysis and the narrative story 'Diary fragments of a murderer' by Fridsma makes you aware of complexity of a story. Do you think a story and critical analysis of the story is important in order to come to a deeper understanding of the story? (Explain and motivate your answer).

Do you think narrative stories can be used and can be useful in the classroom with a related lesson plan developed by a teacher so it can help students to analyse and understand presented stories and to write story summaries? (Explain and motivate your answer).

Do you think you will use narrative stories in your teaching practice to educate students? (Explain and motivate your answer).

What do you think of the by Fridsma presented Critical reflection analysis of 'Diary fragments of a murderer' and the narrative story 'Diary fragments of a murderer'? Do you think the paper as guideline might be useful to you and your teaching practice as example in case you would use narrative stories in your teaching practice? (Explain and motivate your answers).